

## ABSTRACT

A nerve or muscle stimulation apparatus including a nerve stimulation array electrode including a substrate for application to the skin of a user bearing an array of electrodes arranged to be brought into electrical contact with the skin of a user when the substrate is positioned on the skin; one or more input contacts, the or each input contact being switchably electrically connected to a group of electrodes including some or all of the electrodes; and a user operable switch for performing the electrical connection between the or each input contact and any selected one or ones of its respective group of the electrodes.